

ABSTRACT OF THE DISCLOSURE

Processes for preparing substantially citrostadienol-free phytosterols are disclosed. The processes described include dissolving a liquid phytosterol in a hydrocarbon solvent, optionally with added methanol, and crystallizing the phytosterol compounds. Also described are the resulting phytosterols which are substantially citrostadienol-free, and preferably contain less than 0.5% by weight citrostadienol.